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ABSTRACT

The resources in this annotated bibliography were selected to help readers better understand what is known about adult children living at home. Data on this subject are scarce. The bibliography is a literature review--a State-of-the-Art report--which is applicable to many professionals and students in the social sciences. It was developed by conducting a thorough literature search, reviewing selected monographs and articles, determining which information should appear in the bibliography, and writing the annotations. The first section presents 16 annotations targeted to researchers and educators. Included are annotations of articles, a bibliography, papers, and a telephone interview. Three data tables are also included. The second section presents 11 annotations of newspaper and magazine articles and books targeted to consumers. Sources of additional information, a national organization, and reviewers are listed. (ABL)

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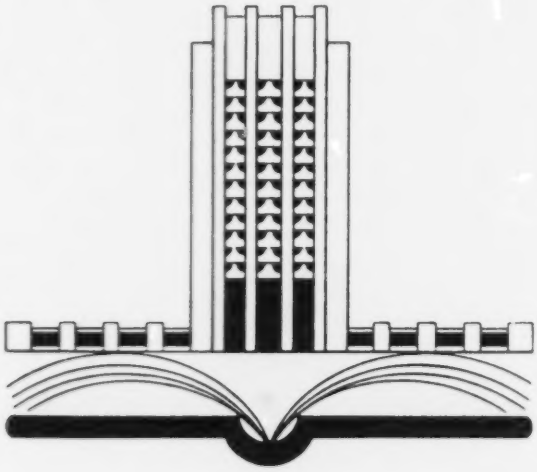

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Selected Resources on Adult Children Living At Home: An Annotated Bibliography For Researchers, Educators, and Consumers

Special Reference Briefs: SRB 92-03

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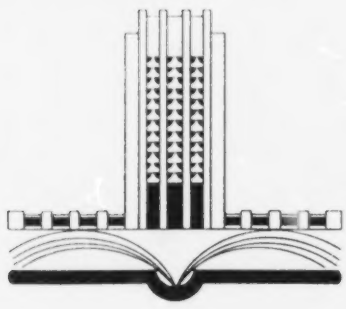

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DeJong, R. Comparison of two soil-water models under semi-arid growing conditions
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Remarks: Not available at IU or in region.
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Auth: C. Johnson CCL Maxcost: $15.00

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The inclusion of a publication in this Special Reference Brief does not necessarily reflect U.S. Department of Agriculture (USDA) policy, nor does it imply any form of endorsement by USDA. USDA does not ensure the accuracy of the information in this publication.

SELECTED RESOURCES ON ADULT CHILDREN LIVING AT HOME:
AN ANNOTATED BIBLIOGRAPHY
FOR RESEARCHERS, EDUCATORS AND CONSUMERS

Introduction

The resources in this bibliography were selected to help readers better understand what is known about adult children living at home. Data are scarce.

According to the May 1991 Bureau of the Census Report on Marital Status and Living Arrangements, more adult children are living at home with their parents than ever before. Factors that may be contributing to this societal trend include delayed marriages, more divorces, more emphasis on advanced education, high housing costs, a tighter job market, economic recession and, possibly, a more conservative mood in the country.

The generations in focus are young adults (18-34 years of age) and their middle-aged parents. Some citations also address the "sandwich generations" in which three generations reside in the same household.

The definition of adult children includes three categories: adults, 18-24 years of age; adults, 25-34 years of age; and adults, 30-34 years of age. This definition coincides with the U.S. Census Bureau's Marital Status and Living Arrangements report.

Purpose and Process

The purpose for developing **Selected Resources on Adult Children Living at Home: An Annotated Bibliography for Researchers, Educators and Consumers** is to assist professionals from the National Agricultural Library with their information and referral services, and also to provide state Cooperative Extension Service professionals with supplementary research to design community programs related to family issues. **Selected Resources on Adult Children at Home** is a literature review--a State-of-the-Art report--which is applicable to many professionals and students in the social sciences.

There also is a special section of resources specifically designed for the consumer--families that include adult children living at home.

The process for developing the bibliography included: conducting a thorough literature search, reviewing selected monographs and

articles, determining which information should appear in the bibliography, and writing the annotations. A "draft" copy of the bibliography was sent to other nationally recognized professionals in the fields of family studies, gerontology, and human development for their critical review. The printed version of "Adult Children Living at Home" reflects the reviewers' comments and suggestions.

About the Authors

Billie H. Frazier, Certified Family Life Educator, is an Associate Professor and Human Development Specialist with the Cooperative Extension Service University of Maryland System, College Park, MD.

This is the fifth bibliography Dr. Frazier has produced in cooperation with the National Agricultural Library, U.S. Department of Agriculture. The other four also were on topics related to aging and include:

SRB 90-08 "Selected Resources on Aging: An Annotated Bibliography for Researchers and Educators" (With Kathleen C. Hayes)

SRB 90-09 "Selected Resources on Aging: An Annotated Bibliography for Consumers" (With Kathleen C. Hayes)

SRB 90-10 "Selected Resources on Dementia and Alzheimer's Disease: An Annotated Bibliography for Educators and Consumers" (With Kathleen C. Hayes and Glenn I. Kirkland)

SRB 91-11 "Selected Resources on Elder Abuse: An Annotated Bibliography for Researchers and Educators" (With Kathleen C. Hayes)

Kathleen C. Hayes, Certified Home Economist, is a Technical Information Specialist at the National Agricultural Library, U.S. Department of Agriculture. She also is the Coordinator of the Technology Transfer Information Center.

The authors express their appreciation to Cluey W. Hargrove for expediting the progression of this publication.

Resources for Researchers and Educators

Adult Children. Billie H. Frazier. Beltsville, MD: National Agricultural Library, Family Information Center; February 1990.

This annotated bibliography, an NAL Pathfinder, focuses on adult children and their aging parents. This is a different generational level from the present focus on young adults and the middle-aged parent generation. The Pathfinder includes sections for the researcher/educator and the consumer. Contacts for additional information are provided.

"The Cluttered Nest: Evidence that Young Adults Are More Likely to Live At Home Now Than In the Recent Past." David M. Heer, Robert W. Hodge, and Marcus Felson. Sociology and Social Research; April 1985; 69(3): 436-441.

In recent years, the tendency of young adults to live with parents has emerged as a trend. The authors investigated persons living in four "standard" household arrangements: (1) own household with a family, (2) own household without a family, (3) household of parent or in-law with a subfamily, and (4) parental household without a subfamily. These four arrangements constitute the basic population subject to risk of living with parents or in their own household.

Results of the study indicate that in 1950, about 30 percent of the 18- to 34-year-olds were living in their parents' household. The percentage dropped off during the 1950s, and rose slightly during the 1960s. In 1970, about 25 percent of 18- to 34-year-olds lived in their parents' household; by 1983, this fraction had grown to more than 33 percent.

Data on the 18- to 24-year-olds indicate that in 1970, less than 50 percent resided in their parents' households. By 1983, about 59 percent of this age group lived at home.

Shifts in living arrangements of young adults are closely tied to their marital status. Thus, the shifting living arrangements of young adults have been paralleled by changes in their family status over the last quarter century. Those with families tend to live away from home, while those without families tend to live at home. This holds true for both 18- to 24- and 24- to 34-year-olds.

"The Empty Nest: The Silent Invasion on Two Fronts." George W. Wise and Velma McBride Murry. Journal of Home Economics; Spring 1987; 79(1): 49-53.

The authors suggest that when reference is made to the middle generation the term "sandwiched" be used. When reference is made to all three generations, the term "sandwich generations" is appropriate. These distinctions are used in this article.

The authors state that more young adults are living in parental households than in the past, and the elderly population continues to increase rapidly. Although the middle generation finds itself caught, a "cluttered nest" need not mean chaos.

Family Influences on Transitions to the Adult Job Market: A Focus on Non-College-Bound Youth. Robert I. Lerman and Theodora Ooms. Washington, DC: The William T. Grant Foundation Commission on Work, Family and Citizenship; August 1988.

This paper explores what is known about family influences on the labor force behavior of non-college-bound youth. Special attention is given to low income, minority youth who have persistently high levels of unemployment. This population generates much policy concern.

Three key findings follow. (1) It is clear that many families prepare children and teenagers for work through typical family activities and responsibilities. Family members teach children how to become and remain employed by assigning jobs around the home, encouraging neighborhood employment, advising them, and setting examples of good work habits. (2) Parents and siblings assist youth to find jobs when they have a wide network of social contacts through their job, or through church or club membership. (3) A missing key to successful work for these young people is for parents to be actively involved in supporting or reinforcing job training and employment program efforts.

From Empty Nest to Crowded Nest: The Dynamics of Incompletely-Launched Young Adults." Allan Schnaiberg and Sheldon Goldenberg. Social Problems; 1989; 36(3): 251-269.

This paper focuses on the problems associated with young people in middle-class American families and their successful transition to adulthood. The authors identify the most obvious symptom of this problem, "the returning young adult syndrome." The sociologists argue that this symptom points to broader issues of parents' expectations about the young adults' autonomy, standards, values, and behaviors when they live at home. Differences in these expectations lead to substantial intrafamilial conflict.

The authors also argued that the issue emerged from separation-individuation tensions and the young adults' ambivalence about their capacity to play adult roles. Additional volatile causes include nurturing of children's rights, legitimation of parents' rights to develop themselves, and the decreasing opportunity structure for young adults. Two likely outcomes identified are: an increased capacity of young adults to play modified adult roles, and a decrease in parents' expectations about young adults' performance.

From Empty to Cluttered Nests: A New Problem for Middle-Aged Families? George W. Wise. Columbia, MO: University of Missouri-Columbia, Extension Division, College of Home Economics. GH 6642, 1986.

The author provides information about several developments in society that have resulted in this intergenerational living arrangement. Topics discussed include expectations, mixed feelings, solutions, a common approach, and a democratic approach.

In summary, the author states that although multigenerational family living frequently involves problems, there are also strengths and positive experiences connected with this lifestyle. The democratic approach is suggested as a way to make it a success. Two group activities are included.

"The Influence of Ethnic Families on Intergenerational Relationships and Later Life Transitions." Carol E. Woehrer. The Annals of the American Academy of Political and Social Science; November 1982; 464: 65-78.

Recent studies of American families indicate that pluralism continues to be characteristic of American society. The foundation for intergenerational relationships is laid early in the family life cycle as children are growing up. Ethnic family structure and socialization of children are closely related to intergenerational interaction in childhood.

The author mentions that Italian and Hispanic families tend to: have the greatest frequency of intergenerational interaction, live in close proximity to family members, and exchange help.

Patterns of continuity and change vary for people of different ethnic backgrounds, including values, family patterns, and social participation.

Note: Most professionals believe that family responses to young adults living at home vary greatly according to family background and ethnicity. However, findings from the study discussed in the

next citation reveal that marital status, rather than ethnicity, specifically black, Chicano, or white, accounted for a higher rate of parent-adult child coresidence.

"The Likelihood of Parent-Adult Child Coresidence: Effects of Family Structure and Parental Characteristics." William S. Aquilino. Journal of Marriage and the Family; May 1990; 52(2): 405-419.

Authors used data from a representative national sample to study how child, parent, and family structural characteristics influence the likelihood of parents having a coresident adult child.

It was found that parental dependency is not the major factor explaining coresidence at any point in the life course. The majority of parents at all ages maintain their own households, and most parents and adult children who coreside live in the parents' household. At all ages, parents are much more likely to provide a home for adult children, than adult children are for their parents. Children's marital status is the strongest predictor of coresidence. Only parents with unmarried adult children have any appreciable risk of having an adult child at home.

Family structure exerts a strong influence on the probability of coresidence. Parents' marital dissolution and remarriage are negatively related to the likelihood of coresidence. Parents with extended households are more likely to have a coresident adult child.

There is no evidence for a cultural-preference explanation of racial differences in coresidence rates. Marital status differences between black and white adult children completely account for racial differences in adult child coresidence.

Marital Status and Living Arrangements. Arlene F. Saluter. Washington, DC: U.S. Dept. of Commerce, Economics and Statistics Adm., Bureau of the Census; May 1991.

This report presents detailed information on the marital status and living arrangements of the noninstitutional population of the United States, based on the results of the March 1990 Current Population Survey. The text of this report compares current survey data with data collected from earlier surveys. In some instances, data from decennial censuses are used when survey data are not available.

Data contained in this report reflect the impact of various factors on the behavior of men and women regarding marriage,

divorce, and living arrangements, and the corresponding effect upon the living arrangements of children.

"More Young Adults Are Living with Their Parents: Who Are They?" Paul C. Glick and Sung-Ling Lin. Journal of Marriage and the Family; February 1986; 48(1): 107-112.

The proportion of persons 18 to 29 years of age living with their parents was at a high point in 1940. The proportion declined to a low point in 1960 and rose moderately by 1984. The recent increase occurred during years of high rates of marriage postponement, college enrollment, unemployment, divorce, and births to unmarried mothers.

The authors document changes since 1940 and present selected demographic characteristics of young adults living in their parental homes in 1980.

"Mysterious Young Adults." Martha Farnsworth Riche. American Demographics; February 1987; 9(2): 38-43.

This article provides data to help explain what is happening in the lives of young adults and their families. The reasons for a larger proportion of young adults living at home include the facts that they are marrying at a later age and that a larger proportion are in school. The role of income is also crucial. Data indicate that young adults from affluent families take longer to leave home because it takes them longer to replicate their parents' standard of living.

"The Not-So-Empty Nest: The Return of the Fledgling Adult." Audra W. Clemens and Leland J. Axelson. Family Relations; April 1985; 34(2): 259-264.

This study indicates that adult children are returning home in increasing numbers because of unemployment and financial need. More subtle factors involve dependence and protection needs. The authors identify factors for successful living arrangements, and areas of conflict and dissatisfaction.

Data indicate that whether previously living away from home or not, fledgling adults are more welcome when they are under the age of 22 and when their stay is relatively short. Older adult children and those whose stay becomes long-term appear to both cause and experience more stress.

"On Your Own, But Not Alone." Margaret Young. Forecast. January 1987; 32(4): 24-42.

The author presents some ideas about how home economics educators can help students and their families prepare for the challenging and likely role of adults remaining in--or returning to--their parents' home. The guidelines presented can help students prepare for the future and develop better family relationships through improved communication including: establishing ground rules, working out the finances, agreeing on a length of time for the living arrangement to continue, setting up a schedule for household responsibilities, and making a pact to respect each other's needs and feelings.

"Parent-Child Relations and Parents' Satisfaction with Living Arrangements When Adult Children Live at Home." William S. Aquilino and Khalil R. Supple. Journal of Marriage & the Family, February 1991; 53(1): 13-26.

Data from a 1988 National Survey of Families and Households were used to explore: the effects of parent-child relations on coresident satisfaction; the nature of parent-child relations in coresident households; and the impact of children's adult role status on parent-child relations and satisfaction with co-residence.

Findings indicate that parental satisfaction with the presence of adult children, aged 19 to 34, in the home was highly correlated to the amount of parent-child conflict, and to the level of positive social interaction between parent and child. When conflict was low, parental satisfaction was high. Children's financial dependency and unemployment were associated with increased parent-child conflict.

The return home of divorced or separated children, and the presence of grandchildren in the home decreased parents' satisfaction with the coresident living arrangement.

Overall, the majority of parents were highly satisfied with the coresident living arrangement and described mostly positive relationships with their adult children.

"Semiautonomy and Leaving Home in Early Adulthood." Frances Kobrin Goldscheider and Julie Davanzo. Social Forces; September 1986; 65(1): 187-201.

Studies on leaving home in early adulthood have been inconsistent about including semiautonomous, nonhousehold-based living arrangements such as dormitories, barracks, and other group quarters. This study uses data from the National Longitudinal

Study of the High School Class of 1972 to track the living arrangement sequences of young adults to clarify how semiautonomy should best be treated.

The authors examined the number of young adults who experience living away from home and when; how the situation is associated with other roles in early adulthood; how its treatment affects the measurement of age at leaving home; and what consequences the experience of semiautonomy has for living arrangements in later years.

When one studies the transition to new adult and family roles, it may be better to ignore the range from "early departures" to "semiautonomy." Semiautonomy may postpone the acquisition of adult roles because extremely high proportions of the semiautonomous never marry or become parents. This group frequently requires a relaunching.

Telephone interview. Paul Glick. 6 June 1991.

For more than 41 years, Dr. Paul Glick, Senior Demographer at the United States Census Bureau, and currently Adjunct Professor, Arizona State University, has assumed the responsibility of analyzing and reporting census data for publication in governmental documents and presentations at annual meetings of related professional organizations. Because of his long-term interest, expertise, and publication track record in the family field, and because he has been recognized as the leading family demographer in the country for several decades, he was contacted for this bibliography. He provided the information on Tables 1-3.

Table 1
Percentages of Adult Children
Living at Home in 1980 and 1989*

Adult Children	1980	1989
18- to 24-year-olds	55.8%	52.5%
25- to 34-year-olds	7.4%	11.2%

Table 2
Number of Adult Children
Living at Home in 1989*

Adult Children	Million
18- to 24-year-olds	13.4 M
25- to 34-year-olds	4.9 M

Table 3
Percent of Adult Children
Living at Home Between 1980 and 1989*

Adult Children	% Change
18- to 24-year-olds	- 14.7%
25- to 34-year-olds	+ 84.9% (boomers and divorce)

* Data source: U.S. Census

Dr. Glick also mentioned that a national survey of families and households is underway in Wisconsin. Over 13,000 households will be interviewed with over 600 questions. The survey is supported by a $3 million dollar grant. The University of Wisconsin, Center for Demography and Research is housing the project. For additional information, contact Drs. Larry Bumpass and James Smith at (608) 262-2182.

Resources for Consumers

Boomerang Kids: How to Live With Adult Children Who Return Home. Jean Davies Okimoto and Phyllis Jackson Stegall. Boston, MA: Little Brown and Company; 1987.

Psychotherapists in private practice help readers to diminish the impact of potentially stressful life events by looking at the positive side of the situation and by using specific coping actions. The approach helps turn lemons into lemonade. It can help families reap benefits and create a mature adult-to-adult relationship with adult children. The entire family experience can be billed as an enriching, rewarding event.

"The Full Nest Syndrome: When Kids Come Home to Roost." Barbara Mathias. The Washington Post. September 10, 1985: E5.

Family therapists are finding that refilling the nest can cause major emotional and economic problems. More and more families are caught in this three-generational bind. For example, in the full nest, bedtime can be a problem. The young mother wants her children to stay up late because she has not seen them all day. Grandparents, exhausted after a long day of child-caring, want the children to retire early!

The author states that at the very least, the full nest situation can be stressful. At worst, it can destroy family relationships. Recommended techniques for mid-life parents include: defining expectations, establishing boundaries, setting up a schedule for chores; taking care of their own needs, and exploring other alternatives. The ultimate key is talking things out.

"How to Make Peace With Your Parents," Interview with Harold Bloomfield. U.S. News and World Report; May 21, 1984; 96(20): 47-48.

A psychiatrist explains how unresolved negative feelings toward parents can create anger and dissatisfaction with other persons in life. Adult children pay a large price for a poor relationship with parents. The best way to resolve conflicts is to be more receptive and less reactive. It also is essential to resolve guilt over a negative relationship with a deceased parent.

Living With Adult Children. Billie H. Frazier. College Park, MD: University of Maryland System, Cooperative Extension Service; Bulletin 328, 1988-89.

This bulletin focuses on adult children who return to the family home to live. It includes sections on which children decide to live at home and why, how this living arrangement affects the parents, and potential danger signals. The bulletin also suggests positive strategies for coping with adult children living at home.

Living With Adult Children. Monica Lauen O'Kane. St. Paul, MN: Diction Books; 1981.

The author provides a guide for parents and adult children who share the same roof. She delves into the multiple problems that can result from sharing living space and offers some solutions as well.

An informal survey covers the topics of money, attitudes, lifestyles, and independence. Responses from the survey helped to provide some of the content for the book.

The Not-So-Empty Nest. Phyllis Feuerstein and Carol Roberts. New York: Follett Publishing; 1981.

The authors provide theories and perceptions about the not-so-empty family, based on interviews with 250 families. The book provides views of the living arrangement from the parents' perspective. This perspective can help teenagers and young adults clarify their own feelings and values.

"The Returning Young Adult. Edith Harshbarger and Allan Schnaiberg. Lincolnwood, IL: Transitions: Associates in Psychotherapy, August 1991.

The psychotherapists have published a convenient document for parents who face the situation of having young adults return home. What concerns do parents have, why are young adults coming home, should living together be different now, how should we negotiate the return, and when should I worry are discussed. Readers are referred to the local mental health center for additional help.

To Live at Home or Not? A Decisionmaking Guide for Young Adults and Their Parents. Barbara W. Davis. University Park, PA: College of Agriculture, Cooperative Extension Service; May 1988.

The author designed this publication to help young adults and their parents decide if it is better for the young adult to live at home for a particular time than to live elsewhere. A worksheet is included to guide the decisionmaking process.

Two Family Agreement Forms are included. One is for single young adults and their parents living in the same household, and the other one is for adult children and grandchildren living at home.

"What Young Adults Want." Eileen M. Crimmins, Richard A. Easterlin, and Yasuhiko Saito. American Demographics; July 1991; 13(7): 24-33.

This article indicates that young adults pursue a more materialistic version of the American Dream. Marriage and family remain important to the high school graduating class of 1986, but they are more likely than baby boomers to see money as the most important reason to work. Also, their life goals are relatively less family-oriented. Three findings follow: (1) Delayed marriages and children are a baby-boom innovation that the baby bust has accepted; (2) Interest in home maintenance is waning, while interest in spending leisure time away from home is increasing; and (3) Young adults seem to be turning away from intellectual and philosophical concerns.

Today's young people start with many aspirations that are markedly different from those of baby boomers. Educators and businesses cannot use the same messages with today's young adults that they used a decade ago.

When Adult Children Live at Home: A Guide for Planning Your Joint Household. Barbara W. Davis. University Park, PA: College of Agriculture, Cooperative Extension Service; May 1988.

This publication discusses important issues for adult children and parents to consider as they make decisions about the new living situation. Readers are encouraged to negotiate, and perhaps renegotiate at a later time. Talking things out is emphasized because it helps people meet their own needs and also consider the rights of all household members.

"When Adult Children Return Home." Isobel Silden. Modern Maturity; April-May 1982; 25(2): 89-93.

This article provides an overview of the situation of adult children living at home, primarily from the parents' point of view. The author provides some typical situations and possible solutions for a few of the potential problematic situations that frequently emerge. Many intergenerational issues are discussed.

SOURCES OF ADDITIONAL INFORMATION

Typical sources for most geographical areas include the following:

* County Cooperative Extension Service (under county government in telephone directory)
* County adult education department
* Family science, psychology, education, or aging department at a state college or university
* Local library

NATIONAL ORGANIZATIONS

National Council on Family Relations
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